

# Tiv thaiv koj tus menyuam ntawm **HMOOV** **TXHUAS**



**Txhuas yeej muaj nyob ntawm ntawm qhov chaw hauv koj lub tsev thiab nraum zoov.**

**Hmoov txhuas yuav ua mob tau rau koj tus menyuam.** Hmoov txhuas yuav ua mob tau rau koj tus menyuam lub hlwb. Kev lom los ntawm hmoov txhuas yuav ua nyuaj rau koj tus menyuam kawm ntawm, mloog lus thiab coj cwj pwm zoo. Feem ntawm cov menyuam uas raug lom los ntawm hmoov txhuas tsis zoo li nws muaj mob los sis tsis ua li nws tsis xis nyob.

**Ua raws li cov kauj nruam nram qab no los pab fwm kom koj tsev neeg tsis txhab muaj kev phom sij los ntawm hmoov txhuas.**

## Kev Saib Xyuas Koj Tus Menyuam

Tsis txhab cia koj tus menyuam ntsuas tej qhov chaw uas muaj xim pleev tsev los sis noj cov xim pleev tsev uas nti. Ib txhia xim uas ua ntxov los lawm muaj hmoov txhuas nyob hauv. Thaum cov xim qub lawm, nws tawg mus ua hmoov. Cov hmoov no ya mus rau txhua qhov chaw hauv koj lub tsev.



Ntxuav koj tus menyuam ob txhais tes thiab cov khoom ua si kom ntawm. Yuav tsum tau ntxuav koj tus menyuam ob txhais tes txhua zaug ua ntej noj mov thiab mus pw. Cov hmoov txhuas thiab hmoov av yuav lo tau rau ntawm ob txhais tes thiab cov khoom ua si uas menyuam yaus muab tso rau hauv lawv lub qhov ncauj.

**Pub cov khoom noj thiab cov khoom txom ncauj uas zoo rau neeg lub cev rau koj tus menyuam noj txhua hnub.** Nco noov pub koj tus menyuam zaub thiab khoom noj uas muaj ntawm cov:

- calcium (mis nyuj, yogurt, cheese, mis kua taum, zaub spinach, cov kuam txiv kab ntxwv uas muaj calcium ntau, custard uas tsis muaj roj ntau, thiab ncuav pob kws qhuav tortillas)

- iron (nqaj nyuj, nqaj qaib, nqaj qaib cov txwv, qe, noob taum quav, cov cereal uas muaj iron, taum paj, zaub collards, zaub kale, thiab zaub ntsuab)

- vitamin C (txiv kab ntxwv, txiv lws suav, txivqaub, hov txob phawv loj, txiv pos qab zib, txiv taub ntoos, qos soov ntug, thiab zaub pob cos)

Calcium, iron thiab vitamin C pab ua kom hmoov txhuas tsis txhab ua mob rau koj tus menyuam.

**Tsis txhab muab khoom qab zib rau koj tus menyuam noj.** Ib cov khaub noom qab zib tuaj nram Mev Teb, Suav Teb, thiab lwm qhov chaw sab nraum teb chaws U.S. muaj hmoov txhuas nyob hauv. Txiv mab txiv ntoo thiab zaub, nqaj ntshiv, thiab cov khoom noj siv mis nyuj ua yuav yog cov khoom noj zoo rau koj tus menyuam.



Nrog koj tus menyuam tus kws kho mob tham txog kev coj koj tus menyuam mus soj ntsuam saib nws lub cev puas muaj hmoov txhuas.

- Tib txoj kev uas yuav paub seb koj tus menyuam puas muaj hmoov txhuas nyob hauv nws lub cev yog coj koj tus menyuam mus tso ntshav soj ntsuam seb puas muaj hmoov txhuas.
- Cov menyuam feem ntawm uas muaj 2 xyoos rov saum tseem yuav tau mus tso ntshav soj ntsuam thiab.

## Hauv Koj Lub Tsev thiab Sab Nraum Zoov

Tu kom koj lub tsev du lug thiab kom tsis txhab muaj plaus plav. Txhuam tsev, muab ntaub ntub dej los so cov npoo ntawm qhov rais, nqus tsev, thiab ntxuav txhua qhov chaw kom ntawm. Siv tshuaj ntxuav tsev thiab xuas dej huv los yaug. Qhov no yuav fwm kom cov hmoov txhuas thiab cov plua tshauv tsis txhab ya mus rau lwm qhov chaw hauv lub tsev.



**Txav cov rooj tog kom deb ntawm cov xim pleev tsev uas tawg los sis nti.** Muab cov txaj rau menyuam mos pw, lub txaj rau menyuam yaus ua si, cov txaj pw thiab cov rooj siab rau menyuam yaus zaum nyob txav mus kom deb ntawm cov xim uas puas tsis zoo lawm. Qhov no pab fwm cov hmoov txhuas nyob hauv cov xim nti no thiab cov plua tshauv kom txhab nyob ze koj tus menyuam.



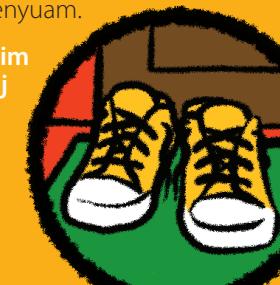
**Tsis txhab tshiav, txhuam tej phab ntsa qhuav, siv lub tshuab tsuag dej los ntxuav, los sis siv lub tshuab tshuab pa los txhuam cov xim pleev tsev kom nti uas tseem**

tsis tau soj ntsuam thiab twb tsis tau paub meej hais tias cov xim pleev tsev ntawd tsis muaj hmoov txhuas nyob hauv. Cov hmoov txhuas nyob hauv cov xim pleev tsev yuav ya tau thiab mus lom tau koj tsev neeg, koj cov tsiaj yug nyob hauv tsev, thiab koj cov neeg zog nyob ze koj.

Tej zaum nws kuj yuav muaj hmoov txhuas nyob rau hauv cov av ib ncig ntawm koj lub tsev los ntawm kev siv txhuas tov nrog roj tsheb thiab nyob hauv cov tuam txhab tsim khoom siv.

**Npog cov av nraum zoov ntawm cov chaw koj tus menyuam ua si.** Siv nyom los sis lwm yam ntsoj tsuag, tawv ntoo, pob zeb, los sis luam xim maas los npog. Qhov no yuav fwm cov hmoov txhuas nyob hauv cov av kom txhab nyob ze koj tus menyuam.

**Hle khau los sis so khau rau daim ntaub ntawm qhov rooj ua ntej nkag mus rau hauv tsev.** Qhov no pab fwm cov hmoov txhuas nyob hauv av kom txhab nkag tau mus hauv tsev.



**Hlooov cov khaub ncaws thiab khau ua hauj lwm, thiab yaug los sis da dej ua ntej nkag mus hauv tsheb los sis mus tsev yog hais tias koj ua hauj lwm nrog hmoov txhuas. Hmoov txhuas muaj nyob hauv ntawm cov chaw ua hauj lwm:**

- Cov chaw pleev xim thiab kho tsev kom tshiab
- Cov khw kho cov taub dej hauv tsheb (radiator)
- Cov chaw uas ua los sis muab cov roj teeb qub los ua dua tshiab

Nug koj tus tswv cuab hauj lwm kom qhia rau koj seb koj puas ua hauj lwm nrog hmoov txhuas. Menyuam yeej raug lom tau los ntawm cov hmoov txhuas uas koj nqa los tsev lo ntawm tej tawv nqaj, plaub hau, khaub ncaws, thiab nkawm khau, thiab hauv lub tsheb.

## Cov Khoom koj Yuav thiab Siv

**Tsis txhab siv cov tais diav los sis lauj kaub uas ua sab nraum teb chaws U.S. los rau khoom noj los sis dej haus ua ntej tau muab soj ntsuam thiab paub hais tias lawv tsis muaj hmoov txhuas nyob rau hauv.**



**Tsis txhab pub koj tus menyuam muab tej saw nyiaj saw kub los sis tej khoom ua si ntsaws rau hauv nws lub qhov ncauj.** Tej cov saw nyiaj saw kub thiab khoom ua si muaj txhuas nyob hauv. Nws tsis muaj kev yuav paub meej hais tias muaj txhuas nyob hauv cov saw nyiaj saw kub thiab khoom ua si. Txawm cov khoom es muaj los lus tias "Tsis Muaj Txhuas Kiag Li" los yeej tseem muaj tau txhuas nyob hauv.

**Tsis txhab siv cov khoom txawv teb chaws uas tej zaum yuav muaj txhuasnyob rau hauv, xws li:**

- cov tshuaj pab tom tsev — cov hmoov uas daj liab ci ci, daj, los sis dawb siv rau lub sijhawm mob plab los sis lwm yam mob

- tshuaj pleev plhu — Kohl, Khali, Surma, los sis Sindoor

- khoom noj los sis txuj lom quav, xws li kooj los sis hmoov qhiaj



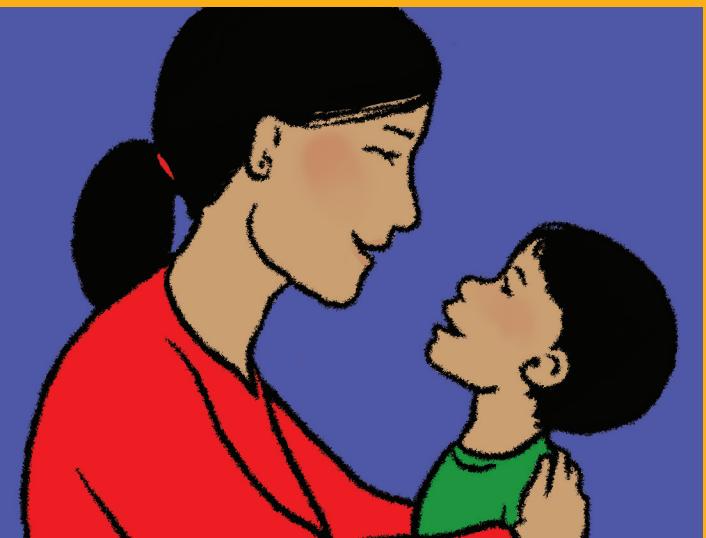
**Cov khoom no muaj txhuas nyob hauv — txhab cia lawv nyob ze koj tus menyuam:**

- cov thauj txhuas nuv ntse
- cov muas txwv
- cov khoom siv ua cov iav muaj kob

## Yog xav paub ntxiv

**Hu rau qhov kev pab cuam Childhood Lead Poisoning Program nyob ze ntawm koj los mus kawm txog kev yuav soj ntsuam koj cov xim pleev tsev, lauj kaub, los sis tais diav, los sis rau lwm cov lus nug txog menyuam yaus kev raug lom los ntawm hmoov txhuas. Yog xav paub ntxiv online, mus rau ntawm [www.cdph.ca.gov/programs/clppb](http://www.cdph.ca.gov/programs/clppb)**

# Protect your child from LEAD



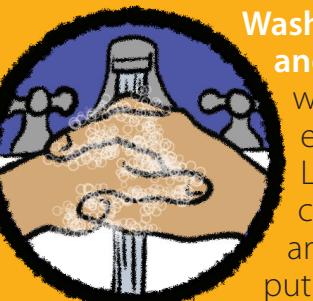
**Lead can be found in many places inside and outside your home.**

**Lead can hurt your child.** Lead can harm a child's brain. Lead poisoning can make it hard for children to learn, pay attention and behave. Most children who have lead poisoning do not look or act sick.

**Take these steps to keep your family safe from lead.**

## Taking Care of Your Child

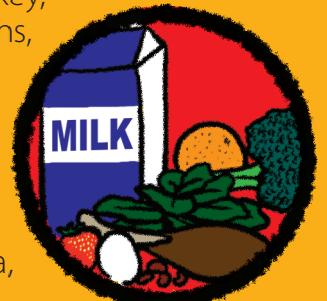
**Do not let your child chew on painted surfaces or eat paint chips.** Some old paint has lead in it. When paint gets old, it breaks down into dust. This dust spreads all around your home.



**Wash your child's hands and toys often.** Always wash hands before eating and sleeping. Lead dust and dirt can stick to hands and toys that children put in their mouths.

**Feed your child healthy meals and snacks every day.** Make sure to give your child vegetables, and foods with lots of:

- **calcium** (milk, yogurt, cheese, soy milk, spinach, calcium-enriched orange juice, low-fat custard, and corn tortillas)
- **iron** (beef, chicken, turkey, eggs, cooked dried beans, iron-fortified cereals, tofu, collards, kale, and mustard greens)
- **vitamin C** (oranges, tomatoes, limes, bell peppers, berries, papaya, jicama, and broccoli)



Calcium, iron and vitamin C help keep lead from hurting your child.

**Avoid giving your child sweets.** Some candies from Mexico, China, and other places outside the US have lead in them. Fresh fruits and vegetables, lean meats, and dairy products are healthier choices for your child.

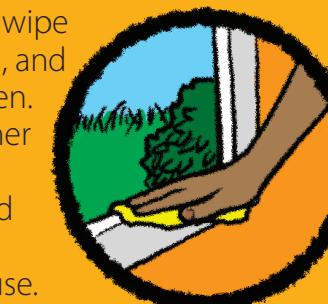
**Talk to your child's doctor about testing for lead.**

- **The only way to know** if your child has lead in his or her body is for your child to get a blood test for lead.
- **Most children get tested at 1 and 2 years old.** Some children over 2 also need to get tested.

## Inside and Outside Your Home

**Keep your home clean and dust-free.**

Wet mop floors, wet wipe windowsills, vacuum, and wash all surfaces often. Use household cleaner and rinse with clean water. This keeps lead in dust and dirt from spreading in the house.



**Keep furniture away from paint that is chipped or peeling.** Move cribs, playpens, beds and high chairs away from damaged paint. This helps keep lead in paint chips and dust away from your child.

**Never sand, dry scrape, power wash or sandblast paint** unless it has been tested and does not have lead in it. Lead dust from paint can spread and poison your family, pets, and neighbors.



**There may also be lead in the dirt around your home from the past use of lead in gasoline and in factories.**

**Cover bare dirt outside where your child plays.** Use grass or other plants, bark, gravel, or concrete. This keeps lead in the dirt away from your child.



**Take off shoes or wipe them on a doormat before going inside.** This keeps lead in dirt outside.

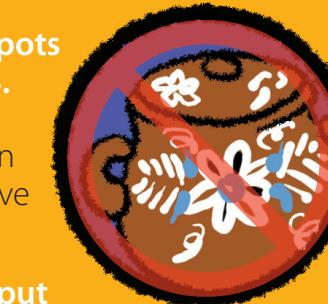
**Change out of work clothes and shoes, and wash up or shower** before getting in a car or going home if you work with lead. Lead is in many workplaces:

- **painting and remodeling sites**
- **radiator repair shops**
- **places that make or recycle batteries**

Ask your employer to tell you if you work with lead. Children can be poisoned from lead dust brought home on skin, hair, clothes, and shoes, and in the car.

## Things you Buy and Use

**Do not use dishes or pots made outside the U.S. for food or drinks** unless they have been tested and do not have lead in them.



**Do not let your child put jewelry or toys in his or her mouth.** Some jewelry and toys have lead in them. There is no way to tell if there is lead in jewelry and toys. Even items marked "Lead Free" can have lead in them.

**Do not use imported products that may have lead in them, like:**

- **natural remedies** — bright orange, yellow, or white powders for stomach ache or other illnesses
- **make-up** — Kohl, Khali, Surma, or Sindoor
- **food or spices**, like chapulines or turmeric

**These items have lead in them — keep them away from your child:**

- **fishing sinkers**
- **bullets**
- **supplies for making stained glass**

## More Information

Call your local Childhood Lead Poisoning Prevention Program to find out about testing your paint, pots, or dishes, or for other questions about childhood lead poisoning. For information online, go to [www.cdph.ca.gov/programs/clppb](http://www.cdph.ca.gov/programs/clppb)